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Winnipeg metro

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metroLIFE

CELEBRITIES AND HIV
Sheen expected to address rumours

Provincial promises aplenty ...

Infrastructure	$4.5 billion
Child care spaces	12,000
Winnipeg	move the rail yard
and...	higher taxes?

THRONE SPEECH COVERAGE metroNEWS

Scarf bans reinforced

SAFETY

School boards reminded of 'passive hazard'

Meg Crane
For Metro | Winnipeg

The Manitoba School Board Association says winter scarf bans are common and parents shouldn't be surprised more schools are instating them.

Darren Thomas, risk manager for the MSBA, said a ban on scarves that upset parents at Oakenwald School came after an incident in Calgary that sent a child to hospital in critical condition after her scarf got caught on the playground.

After the girl was injured, he sent an email to Manitoba school boards reminding them of the MSBA's position against scarves.

Oakenwald Elementary then announced its policy against loose, hanging scarves on its play structure last week.

Thomas understands the policy being controversial, but supports it. "It's pretty much a passive hazard," Thomas said.

Students don't need to be doing anything wrong or dangerous to injure themselves on a structure while wearing a scarf, Thomas said.

Pembina Trails superintendent Ted Fransen said principals in his division come up with their own policies, based on the structures on their grounds.

"Some play structures will have absolutely nothing for a scarf to be lodged in," Fransen said. The principal may decide to have no ban, or a rule that all scarves must be tucked in.

Pembina Trails School Division tries to balance having rigorous rules and letting students do what they want, said Fransen. "In balancing those, we will always rule in favour of student safety."

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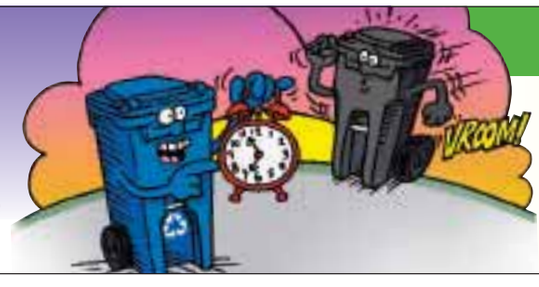

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metro NEWS

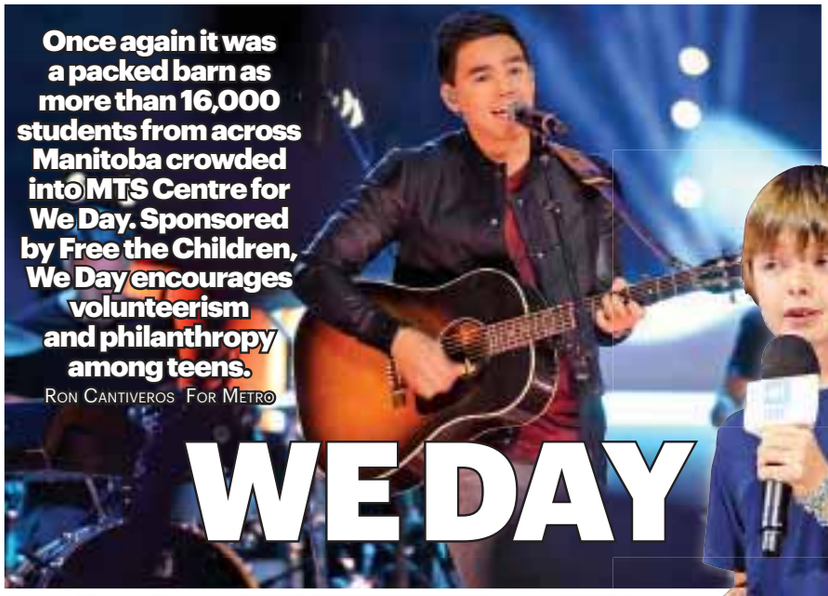
Your essential daily news

U.S. startup to face Japanese firm in a battle for robot supremacy. **Business**

WE DAY DAZZLES

Once again it was a packed barn as more than 16,000 students from across Manitoba crowded into MTS Centre for We Day. Sponsored by Free the Children, We Day encourages volunteerism and philanthropy among teens.

RON CANTIVEROS FOR METRO



ABOVE: Musician Tyler Shaw performs for the crowd. BELOW: Amanda Lindhout and Manitoban Rinelle Harper, both victims of heinous crimes, speak about becoming a voice for the voiceless and not letting their past define them.

ABOVE: More than 16,000 students get on their feet for the We Day Dance. BELOW: Much Music VJ Liz Kinnear presents Kardinal Offishall to the crowd.

Actor Elliot Miville Deschênes talks about his journey to become more involved in charity work, despite his young age.

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NDP promises infrastructure cash

THRONE SPEECH

Premier open to delay on balancing the budget

Manitoba's NDP government is promising more infrastructure cash, more child-care spaces and foster care closer to home for indigenous children in a pre-election throne speech designed to shore up flagging support.

Premier Greg Selinger, who barely held on to his job this spring after an internal revolt, is doubling down on his infrastructure stimulus plan by promising to spend $4.5 billion more on roads, bridges and flood protection by 2022.

"We've already seen the Canadian economy's forecast has been projected to slow down," he said Monday.

"This is not the time to put the brakes on investment and job creation because it will actually reinforce that downward trend in economic growth, which will make us all worse off."

At the same time, he is leaving the door open to delaying balancing the books once again and raising taxes if necessary.

"The best laid plans of mice and men change when the circumstances change," Selinger told reporters.

"You have to always stay open to that."

The governing NDP plummeted in popular support after it raised the provincial sales tax by one percentage point to fund infrastructure spending in 2013.

In the province's last throne speech before voters go to the polls in April, the NDP government lays out a detailed plan to woo women, families and urban residents.

The NDP is promising to relocate rail lines within Winnipeg, create 12,000 more child-care spaces and expand a tax credit which helps pay for fertility treatment.

It's also promising legislation to give those caring for elderly or sick relatives leave from work and to legalize a practice of allowing First Nations children seized by Child and Family Services to remain in their community with another family.

The government is also promising legislation to grant paid leave to those suffering from domestic violence, which came as a surprise to some women's shelters that are more concerned about staying afloat.

Deena Brock, provincial coordinator for the Manitoba Association of Women's Shelters, said no one was clamouring for paid leave given many victims of domestic violence are unemployed.

THE CANADIAN PRESS

HIGHLIGHTS FROM THRONE SPEECH

— The provincial infrastructure program, due to expire in 2019, will be extended by three years and $4.5 billion to build roads, bridges and other items.
— The province is leaving the door open to deficits beyond 2019 and tax increases in order to fund capital projects and government services.
— Infrastructure projects include more money to upgrade a sewage treatment in Winnipeg, a new school in south Brandon and a long-term plan to move rail lines outside Winnipeg.
— Victims of domestic violence will have a legal right to paid leave from work.
— Legislation will be introduced to ensure workers have the right to take time off to care for elderly or sick relatives.
— The province's 40 per cent tax credit for fertility treatment will be expanded, and a breast milk donation centre and bank will be established.
— An additional 12,000 child care space will be created over the next seven years.
— Legislation will formally recognize customary care, which allows First Nations children seized from the family to remain in their community with another family.
— Ambulance fees will be equalized across the province and, where they are high, reduced.

Lieutenant Governor of Manitoba Janice Filmon and Manitoba Premier Greg Selinger enter the Manitoba Legislature for the Speech from the Throne Monday. JOHN WOODS/THE CANADIAN PRESS

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COLLISION

SENIOR INJURED

A 75-year-old woman was taken to hospital in unstable condition Monday morning, after being hit by a white van near the MTS Centre. Portage Avenue at Donald Street was closed off while police investigated.

MEG CRANE FOR METRO

POLICE

Charges in shooting

Winnipeg police have made an arrest after a man was shot after what appears to be a drug deal gone wrong.

Winnipeg police said Paul Joseph Thorne, 36, and two friends went to meet two men behind a business on Stradbrook Avenue Saturday at about 12:30 a.m. to conduct a drug deal.

Instead of scoring drugs, the deal went south and one of the men pulled out a gun and fired it "in the direction of the victim," said police.

The two men ran away and the victim was taken to hospital by his friends. He later died from his injuries.

Two men were arrested Sunday, said police. Devvin James Worthington, 23, and Christian Abraham Boyd, 24, have been charged with second degree murder and numerous firearms offences for their alleged involvement. They are both in custody. METRO

Life after premiership fine by Doer

CANADA-U.S. RELATIONS

Ambassador soon to become think-tank aide

Gary Doer THE CANADIAN PRESS FILE

Gary Doer is about to help advise a think-tank, the latest step in a winding career path that took him from being a Winnipeg corrections officer, to union leader, Manitoba premier and ambassador to the United States.

The soon-to-be-former diplomat said Monday his plans upon leaving the ambassadorship will include volunteering with a Washington-based institute that focuses on Canada-U.S. relations.

Doer will co-chair the advisory committee to the Wilson Center's Canada Institute, which shares research about bilateral issues and invites speakers to events in the American capital.

His future role was announced Monday by Jane Harman, a former U.S. congresswoman who's now president of the Wilson Center. She lauded his six-year diplomatic stint.

"I have known, and still know, a lot of ambassadors. They come here all the time," she told a gathering in the organization's boardroom.

"Some are good and some are, um, not so good. Some are fun, and some are not so much fun. Some are effective and some are (not). But Gary gets straight A's...

"He's good, fun and effective; the whole package."

Doer has already announced he's leaving his diplomatic position soon, at an as-yet-undetermined date, once he's helped the new Liberal government complete its transition.

He's expected to move back to his home province, but has remained mum about any future career plans. The role with the Wilson Center will be part-time, shared with the other co-chairs — former U.S. ambassador to Canada David Jacobson, and Hugh MacKinnon, chief executive of the law firm Bennett Jones.

A State Department official who oversees the relationship with Canada welcomed news that Doer won't be going away entirely and will continue making occasional visits to Washington.

"It's going to be a lot easier for us," said Sue Saarnio, the deputy assistant secretary of state.

"You have earned a reputation in the diplomatic corps as one of the most effective ambassadors in Washington ... Your calls were always answered — and that's no small accomplishment in this town."

THE ASSOCIATED PRESS

> **He's good, fun and effective; the whole package.**
> Jane Harman

TRANSIT TUESDAY
Weekly Transit News Update

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DOWNTOWN SERVICE CENTRE CLOSED FOR RENOVATIONS
The Downtown Service Centre, located in the Winnipeg Square Concourse, will be closed for renovations November 9-20. Lost property service will be available, however, the sales and info booth will be closed. All purchases and other inquiries can be made at Transit's Millennium Library Service Centre, 251 Donald St. (corner of Graham & Donald). Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Quebec Immigration Minister Kathleen Weil talks at a news conference in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Provinces to bring in 16,000 refugees

IMMIGRATION

Ontario and Quebec proceed amid security fears

The federal Liberals are still days away from revealing their plans to bring in 25,000 Syrians by the end of the year, but Canada's two largest provinces say they're ready to bring in 16,000 refugees.

Quebec is pressing ahead with a plan to accept nearly 6,000 refugees despite the public's "legitimate worries" about security, Kathleen Weil, the province's immigration minister says.

Weil, Minister of Immigration, Diversity and Inclusiveness, says Quebec's plan is to resettle about a quarter of the refugees the Liberal government has committed to bringing into the country by year's end.

That works out to about 5,750 people, all of whom will undergo a criminal background check and health checks, in addition to being screened by Canada's national security agencies.

Ontario, meanwhile, is expected to receive some 10,000 refugees by the end of 2016. Health Minister Eric Hoskins said Queen's Park is working closely with federal counterparts to determine where and when the refugees will be settled.

Weil also addressed the security concerns in the wake of the attack, but said it is important Quebecers understand the "profile" of those the government will be bringing in.

"They are people who are fleeing violence. They are people who are fleeing the exact same acts of terrorism that we saw in Paris," she said. "They are people who are very vulnerable, who are worried, who are searching for a haven of peace."

TORSTAR NEWS SERVICE

SECURITY

Attacks raise questions

The terrorist attacks in Paris has led to questions about how France's intelligence agencies could have missed the plot and whether other countries could be more vigilant. Michel Juneau-Katsuya, a former senior intelligence officer with the CSIS, said the nature of the threat is that they can strike anywhere, anytime, so the source of the problem needs to be tackled. METRO

IN BRIEF

Liberals terminate top court niqab appeal

Justice Minister Jody Wilson-Raybould said she personally called new Canadian Zunera Ishaq to tell her that the government was officially dropping its legal pursuit of a ban on niqabs at citizenship ceremonies. Ishaq, a Muslim who wears the religious face covering, had been fighting the government in court over a Conservative policy that sought to force people to show their faces while taking the oath of citizenship. She felt the policy infringed her religious freedom. THE CANADIAN PRESS

Peterborough police probe mosque fire as hate crime

A fire set deliberately on Saturday at a Peterborough, Ont., mosque in the aftermath of the terrorist attacks in Paris is being investigated as a hate crime, police said Monday. Murray Rodd, chief of police in Peterborough, said any injury to one of the city's ethnic communities is "an injury to us all." Masjid Al-Salaam is the only mosque for about 1,000 Muslims who live in the area. Some faithful used the grass outside the mosque for noon prayers on Monday.

THE CANADIAN PRESS

SASKATCHEWAN

Premier wants PM to put plan on hold

Saskatchewan Premier Brad Wall is citing safety concerns for his wanting the federal government to suspend its plan to bring in 25,000 Syrian refugees by year's end.

Wall said in a letter to Prime Minister Justin Trudeau he is worried that fast-tracking refugee claims could undermine the screening process.

"I do believe that if there's a chance that even only one person would use the refugee process to come into this country with a plan to do ill, to do bad things in Canada to Canadians, that's worth it, that's worth some circumspection," Wall said in Regina on Monday.

The premier said in his letter that the attacks in Paris are a grim reminder of the death and destruction even a small number of "malevolent individuals can inflict upon a peaceful country and its citizens."

Gunmen and suicide bombers killed 129 people and injured about 300 in the French capital on Friday night.

Wall would like the government to re-evaluate its goal and what's being put in place to achieve it.

THE CANADIAN PRESS

A couple kisses in front of the Eiffel Tower, illuminated in the French colours in honour of the victims of the attacks on Friday. This week, the City of Love is perceived by many as a febrile place — easily moved to tears, compassion or panic. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Where 'love will conquer'

Paris

City brimming with makeshift shrines heads back to routine

After a weekend of horror, Paris returned to the routines of the work week Monday with determination, defiance — and worry.

Rush-hour subway trains were full, shops were open, and office workers lined up for sandwiches or ate lunch on café terraces.

But this is also now a city dotted with makeshift shrines: carpets of flowers and candles, photos of lost loved ones and handwritten notes near the spots where gunmen and suicide bombers killed 129 people enjoying a fall Friday evening in the city.

Parisians stopped by throughout the day to honour the dead, many vowing that their city would remain its incomparable self — the sensual, tolerant, life-loving metropolis of the world's imagination.

"I am afraid, but not enough to stay at home, not moving," said Stephanie Cohen, a bank employee from suburban Paris.

Others worried that the attacks would change Paris forever.

"I was there (in New York) when 9-11 happened — and, to tell you the truth, it did change my life," said Gary Berrios, a student originally from New York. "It changed everyone's life. We don't see the world the same way any more."

At the Place de la Republique in the heart of the city, a monument to France stood surrounded by flowers, candles and notes. Handwritten cards had been left in French and English, Polish and Vietnamese — a reminder that Paris is a city that the world has taken to its heart.

> **I am afraid, but not enough to stay at home, not moving.**
> Stephanie Cohen

"Love will conquer," said more than one sign — a vow, or perhaps a wish, from the City of Love.

Outside the Bataclan theatre, where 89 people died when attackers gunned down young concertgoers, a banner vowed: "Freedom is an indestructible monument."

There and outside the bars and restaurants where dozens more died, residents paused to lay flowers, light candles or simply stand quietly. Even as the bustle of everyday life reasserted itself, Paris was a city of thousands of silent prayers. THE ASSOCIATED PRESS

'BARBARIANS'

France seeks coalition

France wants to unite with the U.S. and Russia in a grand coalition dedicated to smashing the Islamic State of Iraq and the Levant, French President Francois Hollande told lawmakers Monday in a rare joint session in the Palace of Versailles. "In my determination to combat terrorism, I want France to remain itself. The barbarians who attack France ... will not make it change," Hollande declared. THE ASSOCIATED PRESS

BRUSSELS

Region hit hard by poor rapport

There is just one café left near Molenbeek's Place Communale square where you can buy Belgium's national drink — beer.

Instead, stores on the square and the narrow streets that lead off it mostly sell North African food and Islamic robes and head scarves.

In the aftermath of the deadly attacks on Paris, the densely populated Brussels neighbourhood of just under 100,000 has gained a reputation as one of Europe's pre-eminent breeding grounds for jihadis, and preferred stop for extremists.

Police arrested three suspects in the impoverished neighbourhood on Saturday, and French officials on Monday identified Abdelhamid Abaaoud, who grew up there, as chief architect of the attacks on a rock concert, a soccer game and popular nightspots in one of Paris' trendiest districts.

Molenbeek has soaked up so many waves of migrants in recent decades that its Belgian identity has been all but washed away.

Reda Ben Baghdad, who described himself as a Belgian who was born and raised in Molenbeek, rejected claims that the neighbourhood is a hotbed of radicalization.

"I've lived here for 35 years. I'm not a jihadi," he said. THE ASSOCIATED PRESS

Armed police guard a street in Brussels on Monday. GEERT VANDEN WIJNGAERT/ THE ASSOCIATED PRESS

UNITED STATES

Several states plan refugee halt

Several U.S. governors are threatening to halt efforts to allow Syrian refugees into their states in the aftermath of the terrorist attacks in Paris, and, at least one is asking the White House for more information on plans to allow refugees into the country.

President Barack Obama's administration has pledged to accept about 10,000 Syrian refugees in the next 12 months.

Republican presidential candidates have criticized the plan.

> **I will not stand complicit to a policy that places citizens in harm's way.**
> Alabama Gov. Robert Bentley

Here's a look at where some states stand:

Michigan: Gov. Rick Snyder said Sunday that the state is postponing efforts to accept refugees until federal officials review security procedures and clearances.

Texas: Gov. Greg Abbott on Monday ordered Texas' refugee resettlement program not to accept any more Syrians in the wake of the Paris terrorist attacks.

Alabama: Fellow Republican Gov. Robert Bentley announced Sunday that he would refuse Syrian refugees relocating to the state. THE ASSOCIATED PRESS

G20

World leaders discuss anti-terrorism efforts

World leaders vowed Monday to boost intelligence-sharing, cut off terrorist funding and strengthen border security in Europe, as they sought to show resolve and unity following the deadly terror attacks in Paris.

While the summit resulted in plenty of tough talk of the attacks, the G20 leaders spoke mostly in broad strokes of their pledges to intensify the anti-terrorism campaign.

U.S. President Barack Obama resisted calls to escalate U.S. military action and open a large-scale ground war, saying he would instead intensify the American-led airstrike campaign.

Added German Chancellor Angela Merkel: "We agreed that the challenge can't just be tackled with military means, but only a multitude of measures." THE ASSOCIATED PRESS

IN BRIEF

Anonymous hackers vow cyber war on ISIL

Global hackers' group Anonymous has declared a cyber war against the Islamic State of Iraq and the Levant (ISIL). In a YouTube video describing members of ISIL as "vermin that kill poor innocents," the Anonymous member said the hackers would track down members of the extremist group. "We will launch the biggest operation ever against you," the member said. TORSTAR NEWS SERVICE

BORDER DEAL

A senior Palestinian official said on Monday the Palestinian Authority has reached an agreement with Egypt to reopen the Gaza Strip's main border crossing in an arrangement meant to bypass the territory's Hamas rulers.

Azzam al-Ahmad, an aide to Palestinian President Mahmoud Abbas, said the deal was reached recently in Cairo. He said it aims to open the Rafah crossing "to the maximum possible" to allow the movement of students, labourers, medical patients and even commercial goods.

Such a deal could bring great relief to Gaza, whose borders are largely sealed by an Israeli and Egyptian blockade. It could also mark a setback for Hamas, which seized control of Gaza from Abbas in 2007. However, a top Hamas official gave the plan a cool reception, raising questions about its viability.

The Rafah crossing is Gaza's main gateway to the outside world. Few Gazans are permitted to travel through the Israeli border to the north, though Israeli crossings are used to transfer cargo into Gaza. Egypt has kept the Rafah crossing virtually sealed since the 2013 military overthrow of Islamist President Mohammed Morsi, who was a close ally of Hamas. Due to the closure, thousands of Gazans are waiting to travel abroad.

Azzam said the deal would be implemented in stages beginning in the near future. With his announcement, Azzam appeared to be trying to put pressure on Hamas to accept the deal.

TORSTAR NEWS SERVICE

A Palestinian protestor uses a sling shot to hurl stones towards Israeli security forces during clashes in the Palestinian town of al-Bireh on the outskirts of Ramallah in the Israeli-occupied West Bank. ABBAS MOMANIABBAS MOMANI/AFP/GETTY IMAGES

Israeli troops clash at West Bank camp

FOREIGN AFFAIRS

Tensions still rising after two demonstrators shot dead

Clashes between Israeli forces and Palestinian demonstrators erupted in a West Bank refugee camp overnight Monday, after Israeli forces arrived to demolish the home of a Palestinian militant, leaving two Palestinians dead.

It was the latest bloodshed in a two-month wave of violence between Israelis and Palestinians.

Amid the unrest, Israel recently renewed a policy of demolishing homes belonging to Palestinians accused in deadly attacks. Israel says the policy deters attacks, but critics say the tactic amounts to collective punishment.

In Monday's violence, the Israeli military said troops entered the Qalandiya refugee camp on the outskirts of Jerusalem to demolish the home of Muhammad Abu Shaheen, a Palestinian who the army says fatally shot an Israeli motorist in the West Bank this summer. Abu Shaheen is now in an Israeli prison.

After the troops arrived, hundreds of Palestinians gathered and many threw firebombs and rocks as the Israeli forces demolished the home, and troops fired rubber bullets, tear gas and stun grenades to disperse the protesters, the military said.

According to Palestinian Health Ministry spokesman Mohammed Awawdeh, a 21-year-old and a 28-year-old were killed in a shootout.

The army said Palestinians opened fire at the Israeli forces and they returned fire at the attackers.

The current round of violence erupted mid-September at Jerusalem's most sensitive holy site and quickly spread to the West Bank, Israeli cities and the Gaza border.

THE ASSOCIATED PRESS

ESCALATION

Palestinian attacks, mainly stabbings, have killed 14 Israelis, and at least 83 Palestinians have been killed by Israeli fire, including 51 Israel says were involved in assaults. The rest were killed in clashes with security forces.

LAW ENFORCEMENT

Mayor orders probe after man shot by Minneapolis police

Community members and activists demanded Monday that Minneapolis police identify an officer who shot a black man suspected in an assault, and release video of the incident.

Witnesses to the shooting early Sunday said the man was handcuffed when he was shot, sparking protests and an overnight encampment outside a police precinct on the city's north side. Police said a preliminary investigation showed the man was not handcuffed. The state's Bureau of Criminal Apprehension is investigating.

Authorities did not immediately release the name of the man, but family members identified him as Jamar Clark, 24, and said he was on life support.

"None of our children deserve to be shot and killed, and then talked about like they are animals," said Bettie Smith, whose son Quincy Smith died in a 2008 confrontation with police.

THE ASSOCIATED PRESS

Activists gather outside a police precinct. MATT GILLMER/STAR TRIBUNE/THE ASSOCIATED PRESS

VIOLENCE

Five slain overnight in Burundi's capital

Three grenades exploded Monday in different parts of Burundi's capital following a night of violence in which five people, including a policeman, were killed, witnesses and the police said Monday.

One witness said he saw three bodies with bullet wounds following an attack on a nightclub in the normally calm neighbourhood of Bwiza in Bujumbura. Another witness said a man was killed in a grenade attack in a nearby house. Someone also fired a rocket at the home of the mayor of Bujumbura but the perimeter wall stopped it.

A policeman was killed Sunday night in Musaga, a volatile neighbourhood in the south of Bujumbura, said police spokesman, Pierre Nkurikiye. There were no causalities when three grenades exploded Monday in the Bujumbura neighbourhoods of Buyenzi, Musaga and Mutakura, he said.

THE ASSOCIATED PRESS

IN BRIEF

Sweden's PM, Parliament threatened over email

Swedish security officials say they have received a threat of attacks against the prime minister, the government and Parliament. Fredrik Milder, spokesman for Sweden's security service, says the threat was made in an email to security officials on Monday afternoon and that "many others" also received similar emails.

He told reporters Monday that the email said the threat would be carried out on Tuesday. He gave no other details.

Parliament security chief Lennart Gustafsson confirmed a threat had been received by email but declined to give details.

THE ASSOCIATED PRESS

Man charged in murder of six at Texas campsite

Six people were killed at a Texas campsite and a suspect has been arrested and charged in the weekend homicides, authorities said Monday. Anderson County Sheriff Greg Taylor said the bodies were found in rural Anderson County, southeast of Dallas.

William Hudson, 33, is charged with one murder count and is being held on $2.5 million U.S. bond. The bodies of a man and a woman were found Sunday in a travel trailer at a campsite next to the suspect's residence, according to the Anderson County Sheriff's Office.

Four men initially thought missing were found dead Monday afternoon in a pond on the suspect's property.

THE ASSOCIATED PRESS

Prosecutors say Odom could face drug charges

Prosecutors are considering a felony drug charge against Lamar Odom after the former NBA star was found unconscious at a Nevada brothel.

Nye County District Attorney Angela Bello said Monday that the sheriff's office submitted the potential charge last week, and a prosecutor is considering filing a count of unlawful use of cocaine or being under the influence of a controlled substance.

Authorities investigating a possible cocaine overdose by Odom got a warrant on Oct. 13 to take a blood sample while he was hospitalized in critical condition, after a weekend at the Love Ranch brothel in Crystal, Nevada.

THE ASSOCIATED PRESS

TECHNOLOGY LET THE ROBOT WARS BEGIN Tokyo's Suidobashi Heavy Industries has taken up a California-based startup's challenge to a battle for robot supremacy. Megabots will pit its 4.5-metre Mark II, pictured above with founders Brinkley Warren, Matt Oehrlein and Gui Cavalcanti, against Japan's four-metre Kuratas next year. A Kickstarter campaign has raised $550,000 US to turn the Mark II into a meaner fighting machine. THE ASSOCIATED PRESS

Aid donors call for a new deal

SYRIAN CRISIS

Allow refugees to work, host governments being urged

Bold new ideas for helping Syrian refugees and their overburdened Middle Eastern host countries are gaining traction among international donors, shocked into action by this year's migration of hundreds of thousands of desperate Syrians to Europe.

Rather than struggling to gather humanitarian aid for refugees, the plans centre on investing billions of dollars, much of it to be raised on financial markets. The money would go for development in countries such as Jordan and Lebanon to improve lives for both their own populations and refugees.

More controversial is a demand by some in the aid community that, in return for such a "Mideast Marshall Plan," Jordan and Lebanon must allow Syrian refugees to work, integrating them more into society. The host countries, however, point to high domestic unemployment in arguing they cannot put large numbers of refugees to work legally.

The mass influx of Syrians to Europe has drawn attention to long-ignored warnings that the traditional aid approach has fallen short in the most devastating refugee crisis in a generation, said regional chief of the World Bank, Ferid Belhaj.

Under the traditional approach, the UN and other international agencies are the main pillar of care for refugees, either by financing camps to house them or by providing them food aid and stipends to live off of.

But donor funds are waning as the Syrian refugee crisis drags on with no end in sight for a war now in its fifth year. The year's aid appeal of $4.5 billion for more than four million refugees and host nations is less than half-funded.

Separately, the World Bank is working on new ideas for raising billions of dollars for large-scale investments.

The plan aims to help host countries build infrastructure, right their economies and deal with the steep costs from the refugee population. Eventually, it would expand to rebuild war-stricken Syria, Libya and Yemen.

THE ASSOCIATED PRESS

1M

Lebanon, a country of four million citizens, has more than one million refugees. Jordan, with 6.4 million citizens, has more than 600,000 refugees.

NEW JERSEY

Mall demands kids pay to see Santa

Children wanting to see Santa Claus at a southern New Jersey mall will now have to pay.

The Philadelphia Inquirer reports admission to the Cherry Hill Mall's Adventure to Santa costs between $35 US and $50 US. The packages come with photos or video of the visit.

The move has sparked anger from many parents, some of whom say the charge inherently pushes away low-income families, which they say runs counter to the spirit of the holiday.

Pennsylvania Real Estate Investment Trust, which manages the mall, says the exhibit is one of only 12 Adventure to Santa attractions in the country. The attraction was free last year.

The display features characters from the Shrek movies, a virtual sleigh ride, a concert performed by elves and various games. THE ASSOCIATED PRESS

Parents are angry over a mall's move to charge fees to visit Santa. ISTOCK

IN BRIEF

Video-games industry catching up to TV, film

The video-game industry in Canada is growing by leaps and bounds and quickly catching up to film and television production as a major contributor to the economy.

The Entertainment Software Association of Canada says the video-game industry spent $2.36 billion on Canadian production in 2014. That's up almost 50 per cent in one year and now nearly as much as the domestic film industry, which spent $2.67 billion in the fiscal year ended March 2014, according to figures by the Canadian Media Production Association.

THE CANADIAN PRESS

market minute

DOLLAR 75.05¢ (–0.04¢)

TSX 13,317.52 (+242.10)

OIL $41.74 US (+$1)

GOLD $1,083.60 US (+$2.70)

NATURAL GAS: $2.385 US (+2.4¢)
DOW JONES: 17,483.01 (+237.77)

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metro

metro VIEWS
Your essential daily news
Tuesday, November 17, 2015

EMMA TEITEL: ON SELECTIVE SOLIDARITY

It's ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar seem to decry Western favouritism only when a tragedy occurs in the Western world.

When the U.S. Supreme Court granted American gay couples the right to marry nationwide in June, Facebook offered its many millions of users a new way to "celebrate pride." With a special photo-editing tool, the social-networking site enabled users to decorate their display photos with an LGBT-themed rainbow filter — a feature so popular, more than 20 million people adopted it.

For weeks after the Supreme Court's historic decision Facebook was awash in rainbow avatars; a trend some critics bemoaned as bandwagon behavior by "slacktivist" liberals otherwise uninvolved in the LGBT cause. But for many gay people in the United States and around the world, the photo feature and its popularity were actually quite touching; it's not every day one sees celebratory support quantified in such stark, visible terms.

Nor is it every day one sees grief and horror quantified this way. This week, we witnessed the return of Facebook's photo-editing tool, not in association with a happy event, but with an unduly tragic one. On Nov. 13, ISIS-affiliated terrorists murdered more than 129 people and injured more than 350 others in co-ordinated mass shootings and suicide bombings throughout the city. The attacks, which disproportionately targeted young people enjoying a night out on the town — at cafés and a rock concert — were carried out in some measure by young people, too; Omar Ismail Mostefai, one of the dead terrorists identified after the attack, was reportedly just shy of his 30th birthday. In other words, many of the victims of the attack as well as some of its perpetrators belonged to the Facebook generation.

It makes sense then, that in a rather morbid turn on the celebratory rainbow filter, Facebook has offered users an opportunity to show solidarity with terror-ridden Paris through a French flag avatar. We don't yet know the exact number of users who have adopted the photo filter, but it appears that Facebook is once again awash in colour. Like many of the world's landmarks, the social networking site has lit up red, white and blue in solidarity with Paris. And once again, critics have emerged to question the social network's well-meaning campaign, this time with a charge of hypocrisy for users eager to show compassion for Paris, but who pay no mind to victims of non-Western tragedies.

APATHY EMBLEM It's disturbing how little attention tragedies in poor countries get in the Western world, Emma Teitel writes, but the solution is not berating people for their lack of sensitivity to global issues. METRO

The question on their minds: Why Paris and not Beirut?

The day before the Paris attacks, Beirut, Lebanon suffered an Islamic State of Iraq and the Levant (ISIL)-orchestrated suicide bombing that killed at least 43 people and injured 200. Facebook has not yet offered users a Lebanon-themed avatar so they may show solidarity with Beirut, nor has the site expanded its "Safety Check" feature to the Lebanese city. This is a service that allows users to check in with family and friends in an emergency, a service that was enabled in the Paris attacks on Friday but was unavailable in the Beirut attacks on Thursday. Facebook has promised to expand its service (previously available only in natural disaster emergencies), but critics remain skeptical about what they believe is a clear example of Western favouritism on the part of Facebook and its users. And they aren't entirely wrong.

It is indeed disturbing that most Westerners seem to acknowledge tragedy only when it occurs in the whiter world. And it is a sign of our immense limitation that most of us pay attention to tragedy when we can envision ourselves as victim, in places we have visited.

But it's also ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar on account of its alleged hypocrisy seem to decry Western favouritism only when a tragedy occurs in the Western world. Anecdotally, I didn't see a single critic of Western favouritism post about the Lebanon attack the day it occurred. Rather, I saw only posts about the Beirut attack and insufficient Western response the day Paris was attacked. Ironically, it seems many critics of Western favouritism are its unknowing adherents — moved to action not by outsized suffering in the Middle East but by outsized support for suffering in the West.

Perhaps the lesson here is that analysis of human reaction to horrible events should be reserved until after the bodies are buried. No matter one's claim to the truth, it is cold, uncouth and misguided to criticize or disapprove of people engaged in genuine outpouring of shock and grief, whether that grief is the result of a highly publicized Western horror or a little known eastern one.

Mourning is not a time to pass judgment — even if you are right.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

Merely having a right to something isn't always a reason to invoke it

It's true that journalists, in the U.S. and elsewhere, have the right to record public life.

It's true that journalists, in the U.S. and elsewhere, can be unfair.

It's true that you'd be hard-pressed to find a better source of self-righteousness than a university campus.

And it's true that you'd be hard-pressed to find a group more marginalized than black Americans.

Last week's argument between activists at the University of Missouri and journalists trying to document their protest — captured on video — was absurdity worthy of Beckett.

In "safe spaces" vs. the First Amendment, it was shouting, pushing, bodies turned to bulldozers. Slinging tongues and smacking lips — and forgetting altogether about ears. Forgetting that rights are often beside the point. As in, merely having a right to something isn't always a reason to invoke it.

Similar protests to end racism on campuses continue to spread across the U.S. and will no doubt offer more flashpoints for conflict with the media.

These days, journalists have a problem, and it lies between the imperatives of activism and the very principle of objectivity. If we woke up each day to an equal society, we probably wouldn't have to keep making the choice between the two. We'd be able to say to angry students (what would they be angry about?): "I'm not on anyone's side."

If the media itself was more diverse, we would not need to worry as much about how to be sensitive to a minority. Varied points of view among reporters would lead the resulting stories to collectively level out our blind spots.

But we don't have an equal society or a diverse media.

And that leaves reporters increasingly required to ask themselves how much of an ally they want to be and how much is too much.

It's not good enough to work on a single other's behalf. The best reporting carries truth as its agenda. The best reporting doesn't slot people into roles but reveals who they are. No one is all good and right — or bad and wrong.

It's also not good enough to face a crowd of black-rights activists and dismiss them as anti-free speech. I think, given what racism flings at some each day, and the fact that their protests led another crazy white guy to claim he was going to shoot them all, those activists have more pressing concerns.

But I keep coming back to that video, and the self-righteousness on both sides, and the way it underlines this problem that I am now having every day.

Do I seek just outcomes or just tell the truth?

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Grammy-winning group the Dixie Chicks to launch tour next summer

The great shampoo swindle

BEAUTY PRODUCTS

Chemists conclude your money is going down the drain

Liz Brown
Metro | Canada

Sitting in a chic salon getting my fried ends snipped, my hairstylist looked in the mirror and met my gaze.

"You've been using drugstore products, haven't you?" she said.

I looked down, nodding my head, the shame too much to bear.

"It's why your ends are dry and your roots greasy," she clucked, lecturing about how cheap shampoos and conditioners leave residues on hair and don't allow it to breathe.

I walked out of the salon with $90 worth of products. It's a story most women (and likely many men) can relate to.

According to Randy Schueller, a Chicago-based beauty product chemist and co-founder of The Beauty Brains blog, the stylist line that salon products are uniformly better than the ones you pick up at the drug store is a "total myth" based in marketing and pseudo science.

And these myths mean big bucks for the beauty industry. According to a report published in September by market research firm IBISWorld, the beauty, cosmetics and fragrance retail industry in Canada is worth $1.3 billion annually, 18 per cent of which is spent on hair care products — and as incomes grow, consumers are more interested in premium items.

"While some salon products can be better, for the most part you don't need to spend at that level to get a good product," he says, noting that ingredients in any shampoo or conditioner only account for about 10 per cent of the product's overall cost.

He knows consumers will disagree with this, but chalks it up to psychology. "If you're going to spend $30 on a bottle of something versus $5, you want to believe you are spending your money wisely," he says.

Schueller has been working in the industry for 30 years and formulated for some of the most popular mass market and salon brands, including VO5 and Tresemme. He recalls a market research study he participated in where women, over a period of months, were asked to wash their hair with different, unmarked products and answer a questionnaire.

"In general, the salon products did not score as well as the mass market products," he says. "When people don't know it's a salon product — when you strip away the packaging and branding — they perform as well as mass market products (in consumer reviews)."

Ni'Kita Wilson, a cosmetic chemist in New Jersey, says that often consumers can find a suitable alternative to their salon product in a drugstore brand. "Performance-wise, hands down, you can find a cheaper product you are satisfied with," she says.

14

Coconut oil is the only oil shown to moisturize hair from the inside out, but you have to leave it on for 14 hours for these deep conditioning benefits says Randy Schueller.

The biggest difference, according to Wilson, is found between conditioners. Salon conditioners do tend to use better cationic surfactants — compounds that bind to the keratin protein in hair — making it easier to detangle and smoothing the rough cuticles on damaged ends.

A more expensive salon conditioner may also carry newer silicones to smooth the hair and give it a silky feel. But interestingly, many silicones that have been on the market for a while first appeared in expensive salon brands. "A good example of this is amodimethicone," Wilson says. "It offers superior conditioning benefits to the hair unlike any other ingredient and … now it can be found in mass brands like Garnier Fructis."

The difference is often in the amount in the formula. "The drugstore brand may put 1 per cent silicone in a formula and that will give you good detangling and nice softness, while a higher end brand may put 2 per cent in their formula, plus another type of conditioning agent like a natural oil," she says.

Her verdict: Save on the shampoo and splurge on conditioner.

And she says there's plenty of ways to top up a mass market brand. Try leaving the product on for a longer period of time underneath a shower cap — the heat helps the conditioner penetrate hair. Or mix your conditioner with a bit of coconut or olive oil.

Schueller says coconut oil is the only oil that has been definitively shown to moisturize hair from within. "But you need to use a lot of it and leave it on your hair for quite some time (up to 14 hours)," he warns.

If you're looking to break a salon product habit and save money, Schueller suggests looking at the first five ingredients of your favourite premium brand and comparing them with cheaper brands.

"You'll likely find something in the same ballpark range," he says.

HAIR MYTHS (BUSTED)

Silicone is evil

Avoid silicone in hair care products

These are compounds in shampoo and conditioner that detangle and give hair a silky feeling. "It's true that silicones can be too heavy for fine hair types," says Schueller. "What's not true and what you frequently hear is that silicone suffocates your hair, or coats it in plastic — my favourite is that it makes your hair 'feel healthy' but it's really bad. That doesn't even make sense because hair is dead, so you can't prevent it from breathing," he says.

Switch products

You need to switch products because they become ineffective when your hair gets 'used' to one

"This is the granddaddy of all hair care myths," says Schueller. More likely what is happening, according to Schueller, is that conditioning agents present in shampoos and conditioners build up on hair over time, making the hair seem dull and limp. "When you move to a new shampoo, it strips the residue from the old shampoo and you think 'wow' my hair feels wonderful."

Instead trying a clarifying shampoo every so often when hair feels limp.

No alcohol

Alcohol in shampoos and conditioners dries out the hair

"All conditioners carry fatty alcohols to make the emulsion – that creamy aspect," says Schueller. These are called cetyl and stearyl alcohols and help form the body of the product while giving some conditioning.

Isopropyl alcohol is also sometimes found in a shampoo or conditioner, but it's found at low levels and used as an agent to help carry another ingredient.

"They are solvents and soak up lipids (fats)," says Schueller. "If you were to soak your head in these alcohols, it would be drying to the hair, but in the levels in a rinse off shampoo or conditioner, it will have no impact."

"When you strip away the packaging and branding, (salon products) perform as well as mass market products (in consumer reviews).

Randy Schueller, chemist and hair product formulator

HIV/AIDS in the public eye

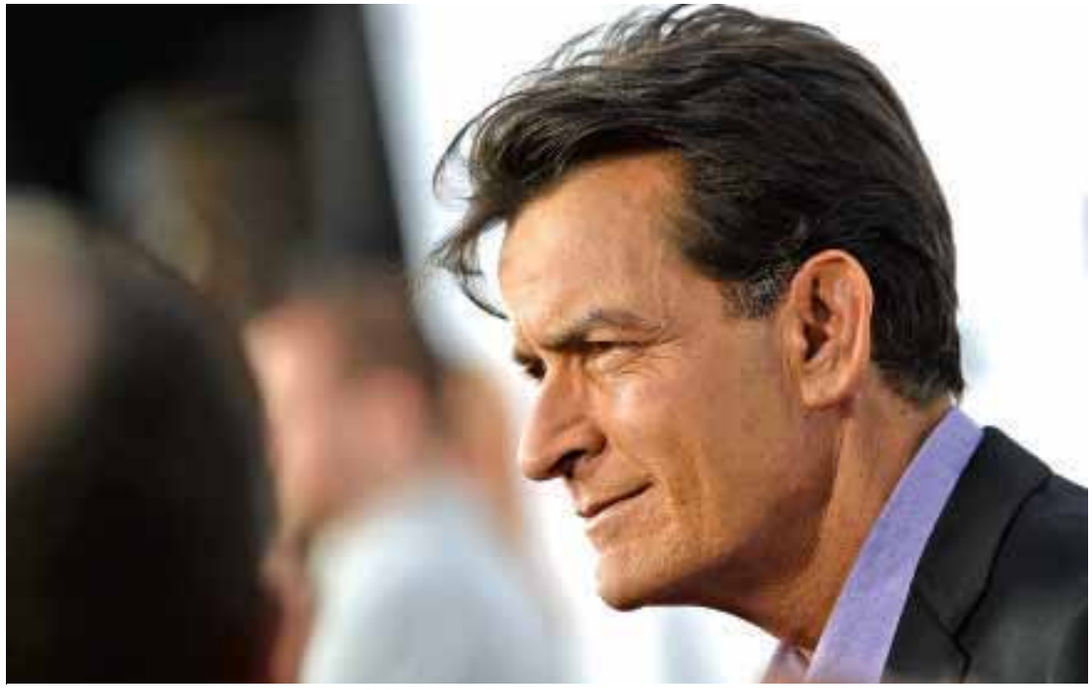
HEALTH

After Sheen rumours, a look at famous people who have disclosed their illness

Charlie Sheen is scheduled to be on the Today show Tuesday morning, reportedly to disclose his HIV status, according to various sources, including People magazine, TMZ and Us Weekly.

It has been 30 years since legendary leading man Rock Hudson shocked the world by sharing his AIDS diagnosis, the first Hollywood star to do so. He died within a few months at age 59. His friendship with Elizabeth Taylor inspired the actress to begin a fundraising campaign that brought in millions for research and education.

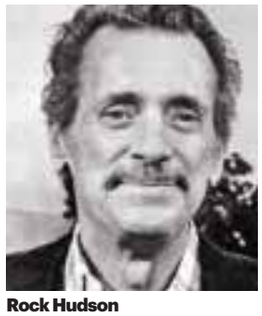
Here are others in the public eye who have been diagnosed with HIV/AIDS.



Charlie Sheen is expected to disclose his HIV status on Tuesday. GETTY IMAGES ALL OTHERS THE ASSOCIATED PRESS UNLESS NOTED

Rock Hudson

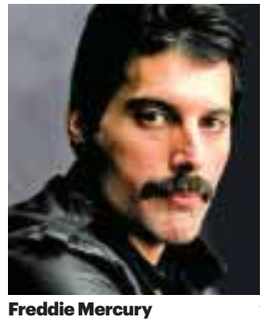
A screen heartthrob and one of Hollywood's most popular leading men, Hudson was the first major American celebrity to publically acknowledge having AIDS in 1985, not long before his death. His diagnosis forever changed the conversation about HIV/AIDS.



Rock Hudson

Freddie Mercury

The powerfully voiced lead singer and songwriter for rock band the hits Mercury was responsible for were future classics "Bohemian Rhapsody," "Somebody to Love" and "We are the Champions."



Freddie Mercury

Magic Johnson

The Los Angeles Lakers point guard announced he was HIV positive in November 1991 and retiring from the NBA. He went on to play for the 1992 U.S. Olympic Dream Team, and came back to play with the Lakers in 1995. He's now 56 and has been living with HIV for more than 23 years.

Magic Johnson

Isaac Asimov

The extremely prolific science fiction writer, whose works include the I, Robot collection and the Foundation series, contracted HIV from a blood transfusion during heart bypass surgery in 1983. He died from AIDS complications in 1992.

Eric "Eazy-E" Wright

The co-founder of hip-hop group N.W.A. and gangsta rapper Eazy-E (Eric Wright) died of AIDS in 1995 at age 31. His illness is dealt with in this year's hit music-drama biopic Straight Outta Compton.

Danny Pintauro GETTY IMAGES

Danny Pintauro

Now 29, the child actor who co-starred on TV's Who's the Boss and also appeared in the thriller Cujo, said during a September appearance on Oprah: Where Are They Now? that he's been HIV positive for 12 years.

TORSTAR NEWS SERVICE

Have a penchant for problem solving?

The business analyst program offered through Red River College is one that provides students the necessary tools and skill set to be able to identify issues and implement solutions in various types of businesses.

A business analyst helps to provide the groundwork for changes in business processes.

"It is the business analyst who runs the gamut between the various users and departments of a business unit," says Melissa Fontaine, program manager for I.T. & Professional Studies, RRC.

This program has been designed for those with a penchant for problem solving, who may already have a background in business and/or project management, as well as IT.

Students learn how analyze, identify, document and then recommend ways to streamline a project life cycle.

They learn how to assist the various stakeholders in an organization by understanding what their goals are and how best to accomplish them.

"This program is a great benefit in areas of expanding their skill set, or to cement their place in business," says Fontaine.

"For those with a background in business management and/or project management, business analyst training can catapult you into a "hybrid" or "chameleon" or sorts in the workplace."

RRC is listed as the only IIBA endorsed education provider (International Institute of Business Analysis) in Manitoba and follows the guidelines set forth in the BABoK (Business Analyst Book of Knowledge).

RRC business analyst instructors are also industry leaders, giving students the opportunity to learn from professionals who understand what employers in the field are looking for in employees.

Graduates of this program can find employment as business analyst management consultants, business analyst specialists, process analysts, data analysts, strategic planners, business architect and requirements managers to name a few.

SHUTTERSTOCK

Because today's students have a variety of different demands on their time, this program is offered in various formats; in-class, and online delivery.

"Flexible schedules are a great fit for flexible learning," says Fontaine.

The next intake for this program is Dec. 1 (distance) and January 2016 (various dates) for in-class instruction.

For more information about the business analyst program, visit rrc.ca/ban.

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RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Auto mechanics an evolving industry

Modern cars have become complex, sophisticated machines that demand skilled people to maintain and repair.

That trend only going to accelerate, as the industry sees more hybrid drivetrains, automated driving, and eventually, self-driving cars.

In an industry that is constantly evolving, so must the training — and the auto mechanics program at Manitoba Institute of Trades and Technology (MITT) can get you past the starting line towards a career in this field.

"We're focused on foundational skills that get the student employed in the field right away, so they can work their way up the skill ladder and continue with their Apprenticeship training," says Ken Komonko, auto mechanics instructor, MITT.

Auto mechanics is ideal for anyone with a keen interest in mechanics, but with the advancement of electronics and software control systems in the automobile, the automotive technician now requires math and science education as well to understand how these systems function.

"Technology is one of the biggest challenges facing the automotive industry and training opportunities need to keep pace with the industry," says Komonko.

"Students will focus on these areas in future levels and these skills are essential for the student to succeed with their full certification."

MITT offers three different accredited programing streams for students; provincial accreditation through high school (PATHS); adult programming and international student programs.

The PATHS program is ideal for the high school student who wants to get a head start on learning a trade while still in high school while earning credits towards a high school diploma.

The adult and international programs are both Level 1 accredited program that provide training for students to achieve the four levels of their Manitoba Apprenticeship or Journeyman's Certification in automotive mechanics.

Auto mechanics instructor Ken Komonko. COLIN FENBY

Regardless of the level of the program, auto mechanics at MITT is a pre-employment course, covering the basic skills needed to work in an auto shop.

Programs cover material related to apprenticeship guidelines and provide credit towards completion of an apprenticeship.

Students receive co-op work experience which gives them a solid foundation to be a productive, valued employee.

For more information about the auto mechanics program at MITT, visit MITT.ca.

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Dedicated faculty the key to training

Robertson College Health Care Faculty is comprised of industry professionals, who offer both theory and clinical instruction to students.

Faculty members "mentors" must consist of at least five years' experience within the profession, having the knowledge and experience in a variety of work related fields.

"Who knows more about life on a busy hospital ward, medical office or medical center than those who have worked on the floor/office," says Amanda Young, health faculty head, Robertson College, Winnipeg.

"Not only do our mentors have high academic qualifications (nurse or industry professional), but they are also current, successful practitioners of the ideas they will be sharing with you."

Along with dedicated and passionate faculty, the Health Care Faculty at Robertson College has partnerships with a variety organizations ranging from small medical clinics to larger hospitals and organizations.

"With the diversity of partner organizations, Robertson College is able to appropriately place students in a practicum setting that meets their needs," says Young.

CONTRIBUTED

"For example, not every student is ready for a fast paced environment after completing their academic portion of program; some students require more one-to-one mentoring, which tends to happen in smaller clinics. We do have students that excel in a busier environment and can accommodate them in settings where more independent experiences are present."

Employers can expect site visits and support when students are on practicum.

"We communicate regularly with our partner organizations ensuring we are still helping them meet their staffing needs with graduates who are qualified," says Young.

On the employment side, the Career Services department can distribute job postings received to student groups or even help to select candidates for postings which helps students get jobs more quickly and for businesses, spend less time filtering resumes received by focusing on specific needs/wants.

"We strive to provide the student with a positive experience from the time they meet with a career counsellor, to financial options, excellent education & hands on training, followed by an industry experience practicum," says Young.

Programs in the health care Faculty include, health care aide, health care aide challenge, health unit clerk, nursing unit clerk, and medical office assistant.

For more information about the health care faculty at Robertson College, visit robertsoncollege.com/programs/health-care.

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Dental assistant: your new career?

A great dental assistant makes the difference between an uncomfortable visit to the dentist and a great one. Dental assistance is a rewarding and well-paid career path for personable and organized individuals, according to Andre Souza, VP of Marketing for CDI College. A career as a dental assistant provides an opportunity to lend great value to patients by providing quality care. Students in the program can earn their diplomas in less than a year and become skilled professionals indispensable to the organizations they support. In class, students learn hands-on skills and theoretical knowledge in a small, tight-knit cohort, taught by professionals in the industry.

Exciting courses include Oral Pathology, Pharmacology, and Preventative Dentistry and Nutrition. Students go through a practicum to put their skills to work in a real-world setting, and graduate the course ready to take the National Dental Assisting Examination Board (NDAEB) exam. CDI College's graduates have repeatedly achieved 100 per cent passing rates, often scoring higher than the national average. "When you take this program, you can hit the ground running in your career," says Andre Souza. "It's an incredible opportunity for an engaged, detail-oriented individual."

Job opportunities in the field provide a challenging and fast-paced working environment, including dental offices, oral and maxillofacial surgeon's offices, at hospitals, and public health clinics. For more information on CDI College's Intra Oral Dental Assistant program, call 1-800-360-7186 or visit study.cdicollege.ca.

Modernize your skills

Mid-career, Nicole LeClair realized that she needed to modernize a few skills.

"Last June, I Googled areas of interest — writing, management, social media, and public relations — that would essentially make me the complete package for a potential employer and PACE popped up," says LeClair.

Prior to graduating from the PACE (The University of Winnipeg's Professional, Applied and Continuing Education) public relations, marketing and strategic communication diploma program, LeClair had over 20 years of hands-on experience in the field, yet lacked some relevancy for current industry trends.

"In my career, I organically grew into these roles and responsibilities," says LeClair.

"Now combining my PACE accreditation and my hands-on experience — I believe I'm the total package for future employers."

As a busy parent of three active teens, she truly appreciated that she could complete three diplomas in less than one year (and further pursue a degree if she chose).

"I'm no longer limited in industry areas and employment possibilities are endless," says LeClair.

CONTRIBUTED

Now LeClair is working her "dream job" in marketing and communications at the University of Manitoba (MCMFood Panel).

"My experience with UWPACE has changed my life," says LeClair. "I value the many friendships I made and the insurmountable knowledge I gained. "

LeClair says UWPACE has made her crave continual education. "I'm already looking at some evening courses in 2016," says LeClair.

For more information about PACE, visit pace.uwinnipegcourses.ca.

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Learn the techniques of aromatherapy

CONTRIBUTED

Aromatherapy is a technique that has been used for decades in treatment plans and is still being used today.

Through the aromatherapy massage workshop offered at Wellington College, participants will learn to blend essential oils for the client's specific needs and how to safely apply those oils to massage therapy.

"Aromatherapy is a holistic therapy that treats the mind, body and spirit," says Barb Cantley, RMT, instructor, Wellington College.

"When essential oils are applied to the body during a massage, the essential oils enter the skin through the hair follicles where they are absorbed in to the blood stream and circulated around the body."

The aromatherapy workshop takes place on Nov. 27 to 29, and is designed to add another "tool" to the massage therapists repertoire.

In this workshop, practicing massage therapists or students of massage therapy will learn the origins, Latin names and properties (or specific use and benefit) of 20 essential oils.

Cantley says there are a number of benefits to the use of essential oils in massage, which include enhance mood and general feeling of well-being, balance the hormone production by the endocrine system, and improved blood and lymphatic circulation through massage and the use of essential oils.

"Depending upon the essential oils used the blood vessels will either constrict or dilate thereby raising or lowering blood pressure," says Cantley.

She says other benefits may include; strengthening of the immune system by helping to kill viruses, bacteria and fungal infections, reduce pain, encourage restful sleep, and improve digestion.

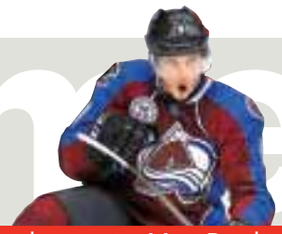
To receive a certificate, students will need to attend this three-day workshop plus perform and document 15 additional hours of aromatherapy massage, including a written exam component.

Cantley graduated from Wellington College of Remedial Massage Therapies with an advanced diploma in massage therapy in 2008.

Since then she has instructed business management at the College and also teaches three electives; hot stone massage, Indian head massage and introduction to aromatherapy.

Cantley currently runs her own massage practice and has developed a love for aromatherapy within her own clientele.

For more information about this workshop or any other workshops offers through Wellington College, visit wellingtoncollege.com/alumni/continued-education-workshops.



Avalanche centre Matt Duchene was named the NHL's first star of the week after recording 4 goals and 8 points in 3 games — all road wins

Injured McDavid refusing to play the blame game

NHL

Star rookie is philosophical about debated incident

Connor McDavid won't say if it was clean hockey or a dirty play that cracked his clavicle and disjointed his season.

The 18-year-old Edmonton Oilers rookie was making his first comments Monday on the injury he received two weeks ago in a game against the Philadelphia Flyers.

McDavid was barrelling toward the net when he appeared to lose his edge or catch a rut in the ice, spilling him into the end boards with Brandon Manning and Michael Del Zotto, the two Flyers who were draped all over him.

The injury sparked heated debate among hockey fans and analysts over whether the Flyers grabbed McDavid on the way down or gave him an extra shove into the boards.

Oilers head coach Todd McLellan said it looked like a clean but unfortunate hockey play, while outspoken TV commentator Don Cherry said the Flyers took advantage of McDavid's vulnerable position to drive him into the boards.

Which was it, McDavid was asked by reporters Monday: Dirty or clean? "I don't really want to touch too much on that," McDavid replied.

"I know there's been a little bit of debate on whether or not (it was a clean play)."

Did you get an extra push on the way down? he was asked.

"I'm not going to comment on that," he said again. "I'm sorry." Overall he was philosophical about the injury that has him out until some time after the new year. "These things happen," he said.

"It's a fast game. It's hockey. People get hurt. Any time three guys go into the boards at that kind of speed, something is bound to happen. I guess I kind of got the brunt of it."

McDavid says his recovery is going along as expected but wouldn't give a revised timeline for his return. He says he is free of the shoulder sling, that plates and screws are in the bone to help in the repair, and that there is no damage to the shoulder, elbow or surrounding tissue.

"If there's any silver lining it's that it's nothing more than the (collar)bone," he said.

He has already begun riding the stationary bike to keep in shape while he rehabs the injury. The break derailed a promising start to the most anticipated rookie season in the NHL in a decade.

The Ontario-born teen has a combination of blazing speed, soft hands, and playmaking ability that has scouts touting him as a once in a generation player.

Injured in his 13th game, McDavid had been on a tear with five goals and 12 points.

He had proven himself the catalyst player on the Oilers, a team that has missed the playoffs for nine consecutive seasons and is once again struggling. Heading into Monday night's games, the Oilers (6-12-0) were last in the Western Conference and tied with Columbus in the cellar of the entire league. THE CANADIAN PRESS

The Edmonton Oilers' Connor McDavid speaks to media on Monday for the first time since his collarbone injury, which happened against the Philadelphia Flyers. JASON FRANSON/THE CANADIAN PRESS

> **It's a fast game. It's hockey. People get hurt.**
> Connor McDavid

CURLING

Mixed doubles being given a shot

Mike McEwen quickly prepared a sports drink after he got off the ice Monday at the Wall Grain Mixed Doubles Classic curling tournament.

"I'm fuelling up here, I feel like I just had a workout on one side of my body," he said.

The mixed doubles game was a big switch for the Winnipeg skip, who threw and swept stones with wife Dawn McEwen at the Oshawa Curling Club. They were joined by a who's who of Canadian curlers, who are taking the discipline more seriously now that it's on the program for the 2018 Winter Olympics.

8

Only eight teams will make up the field at the 2018 Games.

"The players are enjoying it, learning the new game and having fun with it," said Curling Canada mixed doubles program manager Jeff Stoughton. "They're trying to figure out what to do and that's the whole idea of this is to get these players some game-time experience."

Most players in the 20-team field are usually focused on the traditional four-person game. The mixed doubles format requires different strategies, heightened fitness levels and quicker decision-making.

Stoughton estimated about half the teams were playing in a tournament for the first time. It's part of the buildup to the March 31-April 3 Canadian mixed doubles trials in Saskatoon and the world championships April 16-23 in Karlstad, Sweden. THE CANADIAN PRESS

John Morris sweeps for teammate Rachel Homan in the Wall Grain Mixed Doubles Curling Classic at the Oshawa Curling Club in Oshawa, Ont., Monday. FRANK GUNN/THE CANADIAN PRESS

IN BRIEF

Canada moves up to 7th in basketball rankings

Canada has climbed two spots to seventh on the FIBA combined men's and women's world basketball rankings. The Canadian women won both the FIBA Americas Olympic qualifying tournament in Edmonton, and the Pan American Games in Toronto.

The men were third at their FIBA Americas tournament, enough to guarantee them a spot in a last-chance Olympic qualifying tournament next year. The United States, Spain, France, Australia, Russia and Argentina continue to hold down the top six spots. THE ASSOCIATED PRESS

Manning benched for Broncos' next game

Peyton Manning won't suit up against the Chicago Bears on Sunday. Denver Broncos coach Gary Kubiak is going with backup Brock Osweiler as he tries to get his 39-year-old quarterback healthy.

Manning, who completed just five of 20 passes for 35 yards with four interceptions Sunday in Denver's 29-13 loss to Kansas City, is dealing with a variety of ailments, including a torn plantar fascia in his foot, according to reports. THE ASSOCIATED PRESS

Bryant, Correa named rookies of the year

Chicago Cubs third baseman Kris Bryant was a unanimous pick as NL Rookie of the Year, and Houston Astros shortstop Carlos Correa was voted the AL honour.

Bryant made his debut on April 17 and became an NL all-star. The 23-year-old hit .275, leading big-league rookies with 26 homers, 31 doubles and 99 RBIs.

Correa, 21, made his debut June 8 and hit .279 with 22 homers, 68 RBIs and 14 steals. THE ASSOCIATED PRESS

Kris Bryant and Carlos Correa THE ASSOCIATED PRESS

RECIPE White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is it wrong that we're kind of jealous of you getting to try this creamy, zesty twist on chilli for the first time?

Ready in
Prep time: 25 minutes
Serves 4

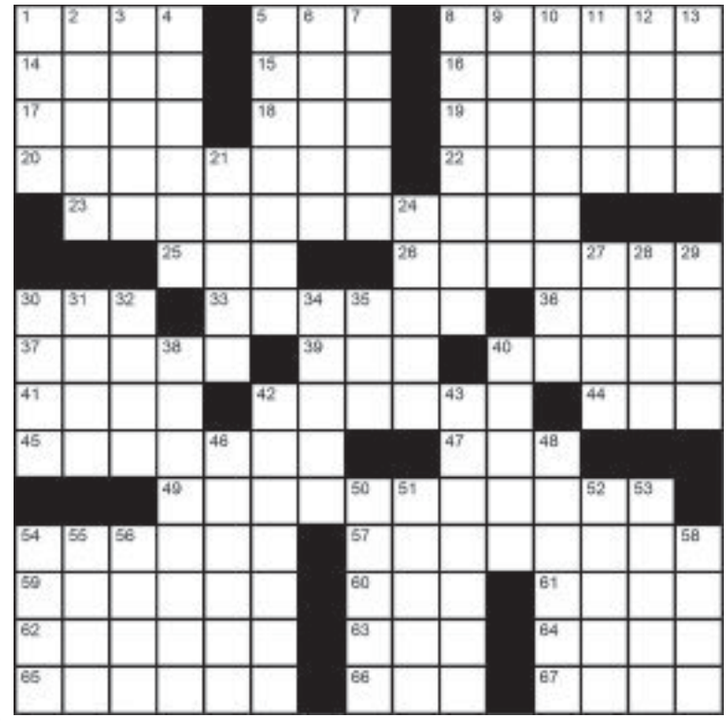
Ingredients
- 1 lb chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsps lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup greek yogurt
- Salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions
1. Brown the chicken over medium heat in small batches — don't worry about cooking it through. Remove from the pan and place on a plate. Set aside.
2. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and add the chicken back. Simmer for about 20 minutes.
3. Turn the heat down and stir in the yogurt. Add the lime juice and salt and pepper to taste. Serve with a good sprinkling of cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Who Let the Dogs Out" by __ Men
5. Tank's filling
8. Thronged
14. Some brand name electronics
15. Old English letter
16. Visiting the Trevi Fountain or Colosseum: 2 wds.
17. Popular painting flower
18. Born, in society notices
19. "Casino" (1995) actress Ms. Stone
20. Puts on the kettle, drops a bag into the cup...: 2 wds.
22. Truthful
23. Stewart __ (Canadian co-founder of #33-Across)
25. Mystery novelist Ms. Grafton
26. Glow
30. Mr. Diesel
33. Photos-sharing website
36. Switchblade
37. Taylor Swift's "Shake __ __"
39. Shoe part
40. The South __ (Area near Montreal)
41. Neutral tone
42. French animal rights activist Brigitte
44. Hankering
45. Business school for Donald Trump
47. Red Chamber fig.
49. Russian-born Hollywood movie producer who headed MGM and is an honoured member of Canada's Walk of Fame having been raised in Saint John, New Brunswick: first name + initial + surname
54. Dupe, archaically
57. Brit's "Bye-bye!"
59. Approximately
60. Entries
61. Sea wolf
62. "__ Nights" (1997) starring Burt Reynolds and Mark Wahlberg
63. Spud-exporting prov.
64. 'Neat' and 'Beat' suffixes
65. Old Testament's Book of __
66. 'Heir' suffix
67. Faxed

DOWN
1. Hat part
2. "Don't be such _ __!" (Stop being so grouchy)
3. Verse form of Japan
4. Holdings
5. Well mannered
6. "Doe _ __...": Lyric snippet in "The Sound of Music" (1965)
7. Bundle
8. Get what someone said wrong
9. Waiting to be connected: 2 wds.
10. Wield, as a knife
11. Drill hole
12. Goth music fans
13. Car ding
21. Things
24. Galled
27. Yo! from a yacht
28. Get weary
29. Level
30. Perspective
31. Longing
32. Ms. Ephron
34. Frances __ (Belleville, ON born writer who is a Member of the Order of Canada. Her bestsellers include Deafening and #51-Down.)
35. __ anglais (English horn)
38. Soldier's temporary leave
40. Place
42. City in Colorado
43. Gradual method of learning
46. $2 coin
48. Stockings
50. R.E.M. singer Michael
51. Remembering the __ (Novel by #34-Down)
52. Spooky
53. __ '__' Roll
54. Pig in the movies
55. Cupid's Greek counterpart
56. Height measurement
58. Brewer's kiln

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If there's something about your situation that you don't like there's nothing stopping you from changing it. But first, ask yourself if you really dislike it or if you're just bored.

Taurus April 21 - May 21
Something will happen that catches you by surprise. It may not be an enjoyable one but if you are honest with yourself you'll admit that you needed a kick to get moving again.

Gemini May 22 - June 21
It may feel as if you are running out of time but it isn't true. Time never runs out — there will always be another chance, and another after that, a bit further down the road. Don't put so much pressure on yourself.

Cancer June 22 - July 23
Don't let other people's cautious ways hold you back from trying something new. Taking chances pays off for you more often than not, so follow your instincts.

Leo July 24 - Aug. 23
As a general rule you don't like surprises but what happens next will not only surprise you but please you as well. If you are invited to a social event you must go.

Virgo Aug. 24 - Sept. 23
Look for ways to settle a dispute agreeably today. If you allow it to drag on it may distract you from more important things. Even if you are the one who is owed an apology it will pay you to say sorry yourself.

Libra Sept. 24 - Oct. 23
You won't be able to please everyone today, so decide who is of most importance to you and focus on doing what makes them feel good. Better yet, do what makes you feel good.

Scorpio Oct. 24 - Nov. 22
Give a helping hand with no thought of reward. With the Sun in your sign chances are you don't want for anything but not everyone is as fortunate as you, so spread a little joy.

Sagittarius Nov. 23 - Dec. 21
You want to be dynamic but something seems to be holding you back. Wait until the Sun moves into your sign on the 22nd, then you can be sure that you are doing the right thing and making the right moves.

Capricorn Dec. 22 - Jan. 20
It may seem as if certain things are beyond your control. Don't get depressed about it. Life moves in cycles and if you are on a downward curve you'll be on an upward curve soon.

Aquarius Jan. 21 - Feb. 19
All routes lead to your ultimate destination, so don't think you have to change direction if you are not making as much progress as you would like. It's not where you go but what you learn along the way that matters.

Pisces Feb. 20 - March 20
Someone will make you the kind of offer you find hard to believe but if you don't take it seriously you will kick yourself later when you realize that it was on the level.

CONCEPTIS SUDOKU by Dave Green

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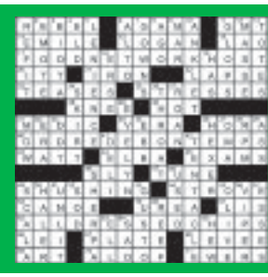

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